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## Finding the Humor in Meditation

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Many times, when it comes to our meditation practice, I feel that we humans tend to overthink everything and take things too seriously. I've been guilty of it in the past. Now, I'm not saying that we shouldn't take each meditation seriously, but I do think we can easily try too hard to "meditate the right way" or force ourselves to have a breakthrough. And this can quickly put us in our heads, sabotaging our meditation journey.

In fact, it's important to remember that the best breakthroughs usually occur when we just let go and forget about "trying" and wind up just "being" or "experiencing." A great thing to keep in mind when trying to lighten up and not push yourself too hard is to focus on the humor you find in your meditation. Yes, humor can easily be found in your meditation practice. And yes, focusing on the humor can lighten your mood and allow you to relax, bringing more to your mediation.

How can you find the humor? Well, that's easy. Just pay attention. It can be something small that makes you smile or even a joke that presents itself.

When I participated in Gateway Voyage, there was one session I was in where I saw multiple facets of who I was in past lives, all facets of my higher self. One of them was a Native American who married a settler and was converted to Christianity. I was extremely focused and serious when I found myself face-to-face with her in my mind. When I asked her for advice, she looked at me and joked, "Just don't marry a white man this life. It only leads to trouble." And I had to stop and laugh out loud, as I actually didn't in this life; my husband is mixed.

Hearing a joke like that from someone who appears as a guide can make you freeze for a second and then take you out of the gravity of the situation. You're expecting serious life-changing advice, and you get a joke. But it actually is one of the most refreshing parts of meditation. Lightening the mood like that instantly puts a smile on your face, can allow you to drop your guard and remind you to have a little fun. For me, those are the instances when I make the most progress with whatever goal I am meditating on. I'm able to drop my guard for a time.

In one of my Lifeline mediation exercises, I had a conversation with my grandma who passed away several years ago. I honestly don't even remember what she said, but she made a little joke that she knew I would appreciate, and suddenly the ice broke and we were both smiling and having fun. In my opinion, that made our reunion less dramatic and more real.

Of course, it's important to take your mediation journey seriously, but I find it's also equally important to have fun. Finding that balance is key to having the best experience. When you look for the little things that can make you smile—however small they are among the details of your mind—they can truly remind you of your purpose, of what it's like to smile, and they make you want to return again soon. If you're not having fun every so often with your meditation, then why are you returning to it, after all?

Pay attention to the little details you find in your mind. Let go and have fun from time to time in your mediation sessions.

Remember to smile.